

## ***Fitness***

### ***Aerobics***

Work off that excess energy with the ultimate aerobics class. Low impact program for all skill levels.

**Dates and Times:** MWF 10:00 AM - 11:00 AM

**Fee:** \$7 R / \$8 NR

**10 Visit package:** \$60 R / \$70 NR

### ***BoxAerobics***

Aerobics and Abs is a medium to high impact class with lots of kicks, punches, and Tae Bo techniques for people age 12 and up who want to burn lots of calories, learn basic self-defense methods, and get a workout. The class consists of a forty-minute cardiovascular set, a twenty-minute toning set, a twenty-minute abdominal exercise and toning set, and a ten-minute cool down and stretch.

**Dates and Times:** TBA

### ***Body Sculpt***

Are you ready to challenge every major muscle group that you have? If so, this is the class for you! This class is appealing to men and women of all fitness levels because it is a highly motivating and self-regulating workout.

**Classes:** TBA

**Fee:** \$5R/\$6NR (per 1 session)

### ***Personal Training***

Need an extra push to your workout? Are you looking for a new routine? Let The Pavilion's personal trainer assist. Schedule an appointment today!

**Training:** By Appointment Only!

**Fee:** \$30 / hour

## ***Fitness (cont.)***

### ***Senior Fitness***

A fitness class is offered to those Scott County citizens who are 60 years and older. This class helps seniors regain flexibility and strength through a series of specially designed movements. The class will meet at the Senior Citizen's Village at Cardome.

**Classes:** Monday and Thursday 10:30 AM - 11:00 AM

**Fee:** FREE



### ***Tai Chi: Senior and Beginning***

Tai Chi is one of the great cultural heritages of China. An ancient system of exercise for balancing the body and the mind, Tai Chi has been practiced in China for centuries.

Tai Chi has been developed in modern times into a combination of health, exercise, relaxation, meditation, self-defense, and self-cultivation. Tai Chi is ideal for overall health by gently building strength, endurance, flexibility, balance, and coordination. Tai Chi is suitable for people of all ages.

**Registration:** December 1 - January 6

**Classes Begin:** Tuesdays beginning January 13

**Fee:** \$55R/\$65NR (8 Weeks)

## ***Fitness (cont.)***

### ***Weight Training***

#### ***Adult and Youth Orientation***

Are you intimidated by the weight machines in the fitness area? If you are 16 or older, let this class orient you to the proper techniques for using the equipment. A personal trainer will be going over the BASICS of how to use each machine safely.

**Class meets one Saturday each month from 12:00 PM—1:00 PM**

**Class Dates:**

January 24

February 14

March 13

April 17

May TBA

June 19

**Fee: \$10R / \$11NR**

### ***Yoga***

Yoga can be a powerful tool for helping depression, insomnia, memory, osteoporosis, reproductive organs, weight gain, and much more. The Yoga practice is over 5000 years old and it is unrivaled as a means of improving health, creating peace of mind and relieving stress.

#### **Hot Yoga**

Hot Yoga is a complete twenty-six asana series performed in a heated environment (100°). This practice releases toxins through perspiration while gaining strength, increasing flexibility, and cultivating mental concentration. Registration minimum is 5. Class minimum is 2 participants. Bring a friend!

**Registration:** Pre – registration is required

Session I: December 22 - January 8

Session II: February 9 - February 20

Session III: TBA

Session IV: TBA

Session V: TBA

**Classes:** Monday and Thursday 7:30 PM - 9:00 PM

Session I: January 12 - February 5

Session II: February 23 - March 18

Session III: TBA

Session IV: TBA

Session V: TBA

**Fee:** Class Package \$65 R / \$70NR

8 visits for 4 weeks

**Packages do not carry over**